

ORANGE PEKOE BLEND

"HOT" TEA

"Fresh from the Gardens"

A Tired, Worn Out Woman Can't Make a Happy Home

There is no happiness in the home when the mother is sick and worried by the never ending household duties. She gets run down and becomes nervous and irritable, has shortness of breath, faint and dizzy, can't sleep, and goes to bed in the morning feeling as tired as she went to bed, and is disheartened and discouraged.

MILBURN'S HEALTH AND NERVE PILLS

It is not necessary to suffer, as they build up the nervous system and bring back the former health and vigor.

Go North, Young Man!

It may be that some natural law of compensation works in these things! Just at a time when Western Canada was beginning to accustom itself to the new viewpoint that it cannot grow wheat to its heart's content, it comes a new realization of its potentialities in another direction that fans the flame of its optimism.

The realization is, of course, that in the great pre-Cambrian areas sweeping northwest from the Ontario-Manitoba boundary lies wealth of mineral resources which, if itself, is sufficient to guarantee a great glorious future for this western country. Development which began in the rock formations of Ontario and which later spread through the same structures in Central and Northern Manitoba shortly thereafter, now manifest Northern Saskatchewan. This eventually will compensate the prairie regions for the apparently finite glory of their wheat fields.

Youth has suffered as result of economic depression in these western provinces due to scarcity of employment and the many dead of opportunity open to them in a period of financial stringency and industrial stagnation. Many have been unable to secure a foothold, and have now reached adulthood without attaining that independence without which the term barren and comfortless is not too far from the mark. They have no control, and concerning which they had no voice, have robbed them of a bright— and they are looking to the political leaders for assurance their claims are not being ignored. It is a situation that calls for opportunity to take their place in the full, responsible citizenship of the country.

While agriculture will remain the great source of income of the prairie provinces, it is obvious that, under present world conditions, opportunities must be created—and created not only for the rising generation new claiming for its place in the sun, but created also for a future influx of new population which is essential to the attainment of a balanced economic structure upon which future development of these provinces depends.

Thinning, at the moment, is an unpopular topic—and rightly so. Yet wider home markets must be created not only for the wheat of the prairie farms, but not only for consumers' goods from the industrial east, but also for the products of those countries of the world prepared to absorb our surplus agricultural production. Sooner or later, then, the problem of immigration must be tackled systematically and courageously. It will be necessary, therefore, to make intensive preparations that our own youth and our new neighbors may find employment and thus be enabled to contribute their share to the country's development.

Obviously, the one alternative to agriculture upon which Saskatchewan (particularly) has depended in the past, is a parallel development of other great primary resources of which the potentialities already are known.

Saskatchewan and no other of Saskatchewan particularly because there the problem is acute) has abundant deposits of lignite coal, commercial clays, sodium sulphate and other non-metallic minerals throughout its prairie lands. Oil and gas, which have proved so valuable to the west, are being avidly sought in different sections of the province. But away to the northward lies this great pre-Cambrian shield, world's greatest storehouse of precious metals. Its resource to be tapped by prospector's pick and by diamond drill, thereby the rich formation from which Ontario is reaping plentiful harvest, surely the veins which have helped pilot Manitoba through the difficult years, can be exploited to Saskatchewan's advantage and made to yield their just proportion to the economic life of the province.

These thoughts are inspired by a recent statement relative to the Flin Flin mine which straddles the northern Saskatchewan-Manitoba boundary. There, an investment of \$20,000,000 is producing an annual income of \$7,000,000 and maintaining a community of some 4,500 persons. The major portion of the Flin Flin ore body rests in Saskatchewan, and it is only a matter of time when similar development must indicate the confines of the latter province.

Reports from the Saskatchewan hinterland indicate abundance of mineral resources, and that they have not yet been brought into commercial production is nothing new in the history of mining. Even the great Flin Flin, discovered in 1915, remained undeveloped for a space of ten years thereafter, but, once the complexities of its mine were unravelled, development came quickly.

While agriculture has languished, mineral production in Canada has continued to advance. In 1933, Canadian mines produced \$220,562,096 as against \$191,228,225 in 1932, and the augurs for the future are extremely favorable. How long will it take for the activities of forward-looking government and the energies of ambitious youth? Here lies the West's way out!

Union workers in Scotland are demanding higher wages.

Use Ships As Prisons

When men in Spain meet in the future that they have been of a cruise they may be met with suspicion glances. Some of Spain's cruise glances are destined ones. The cause of the overworked conditions of old prisons following enforcement of the new Vagrancy Act, the government has chartered a few ships and put the superfluous prisoners in them.

The Speed of Lightning

Lightning travels at speeds ranging from 14,000 to 68,000 miles a second, the average speed being 28,000 miles a second, or 15 per cent. the speed of light, according to measurements obtained in a scientific investigation in Africa. Even now, this a lot of people with a ducking when lightning is flashing.

Marvels of the Human Eye

By F. M. CROWE, Optometrist-Optician, Calgary

NO. 7.—PRESBYOPIA OR "OLD-AGE SIGHT"

Although forty years of age is of course not considered old, yet because Presbyopia usually begins itself at about that age, it is commonly referred to as "old-age sight." Here, then, we hear people say "my sight is just as good as it ever was except for reading and sewing." Yes, this condition is common to man. Let us consider the cause of this natural development which comes so much inconvenience after middle life.

We have fully explained that in order to have a clear image of a distant object focused on the Retina, the length of the eyeball and the curvature of the Cornea and Lens must be properly related. The fact that two may be considered as fixed as to length and curvature respectively but that the Lens is elastic and it is this elastic power or "Accommodation" which enables the eye to focus objects near at hand. Accommodation is most powerful around twenty years of age and then gradually diminishes till there is none left at age sixty-five or seventy.

For sustained close work a certain amount is absolutely necessary and this the average person of forty-five does not possess, hence, the necessity of assisting the failing Accommodation by artificial means in the form of glasses and as the Accommodation continues to decrease, the strength of the lenses must be every two or three years.

Grim Battle For Life

Eskimos Marooned On Ice Floe For Month Before Being Rescued

Trapped on an ice floe in Amundsen gulch attempting to cross the 100-mile stretch from their native village on the southern shore of Banks Island to the mainland, half a dozen Eskimos fought a grim battle for life early this winter as they drifted up and down the gulf for a white month before they were finally able to land, when almost starved, at the Peace Point post on the Arctic coastline.

The story of the near tragedy was brought down from the Arctic by Patsy, Andrew and Jorgen Klengenberg, and their partner, J. P. Lythgoe, who operated a string of trading posts on Victoria and King William islands in the Arctic ocean. The traders arrived in Edmonton on their way to Vancouver for a brief holiday before returning to their posts on the ice-locked islands which are the northernmost points upon which human beings, either native or white, live.

The Klengenberg brothers, sons of the famous Capt. Charles Klengenberg, pioneer navigator and fur trader in the Arctic, who died in the summer of 1901 at Yorkton, were born in the Arctic and have been operating their father's trading post since the death of their father. With the exception of their school days spent in Vancouver and brief visits "outside" every few years, they have spent their lives in the Arctic.

Lythgoe, their young friend and partner, went north with them for the first time from Vancouver three years ago.

Whole Wheat Rolls

- 1/2 cup milk
- 1 yeast cake
- 2 tablespoons lukewarm water
- 2 tablespoons Crown Brand Flour
- 1 cup syrup
- 1/2 teaspoon salt
- 2 tablespoons Maida
- 1 egg

Scald milk and when lukewarm stir in the yeast dissolved in the warm water. Beat in the white flour and let rise in a warm place until double in bulk. Cut down the dough and add the Maida mixed with the beaten egg, the syrup, and the salt. Beat in the whole wheat flour. Let rise again until double in bulk, then knead and roll out. Bake in a round cake in a hot oven, about 20 minutes. Twelve biscuits with a round crust about two and a half inches in diameter. The biscuits rise until light on an oiled pan and take bake in a hot oven, about 20 minutes. Twelve biscuits or more. On taking the rolls from the oven brush with butter. Golden Syrup.—Some cooks give a flavor to their whole wheat loaves by adding a little grated lemon rind to their dough with the whole wheat flour. This gives a fine quantity makes 25 roll-sized rolls.

Just A Mere Trifle

Gedous-I hear that old Morry-bags was waylaid and killed last night.

Gedous-Is that so? Did the criminals get away with much money?

Gedous-No. The old man never carried more than a little small change around with him, and he practically all he lost was his life.

At Crater Lake, Oregon, last winter the total snowfall was 879 inches, or more than 73 feet.

W. N. U. 2040

XIE PLUG SMOKING TOBACCO



Dixie Plug is the thrifty man's pipe tobacco, the smoke that gives more for the money. Cut this big plug the way you want it. Coarse or flake, long or short, to your taste, and more economical as well.

Only Six Are Left

Flint Knappers Carry On Trade In

The natives of West Africa and the East Indies have to rely upon the small Suffolk town of Brandon to supply them with flints for their old-fashioned rifles. Brandon is the only place in the world where flint knapping is still carried on. The six knappers, only remaining representatives of the craft, can be seen at work in little wood sheds, probably on the same spot thousands of years ago. Ancient Britons knapped the flints into sling stones, arrows, spear and axe heads. Flint-knapping entails three distinct processes. First the rough flints are stripped from a quarry; next they are flaked into six-inch strips and then cut into the desired shape. The flints are knapped into four sizes for fitting into the locks of muskets, carbines, horse pistols and pocket pistols. They are shipped in barrels of 5,000.

Claimed to be the largest in the world, a paper-making machine in Bury, England, will have a capacity of 1,000 tons of newspaper a week and will produce rolls 320 inches wide.

Ends a Cold SOONER

By STIMULATION and INHALATION VICKS VAPOR

PROVED BY 2 GENERATIONS

Ask Mother—She Knows

Mother took this medicine before and after the babies came. It gave her more strength and helped her get on her feet again and round—keep her on the job all through the change. No wonder she recommends it.


LYDIA E. PINKHAM'S VEGETABLE COMPOUND

More than 34 per cent. of the houses in Scotland have only two rooms.

The RAMSAY CO. Ltd. 273, 275, 277, 279, 281, 283, 285, 287, 289, 291, 293, 295, 297, 299, 301, 303, 305, 307, 309, 311, 313, 315, 317, 319, 321, 323, 325, 327, 329, 331, 333, 335, 337, 339, 341, 343, 345, 347, 349, 351, 353, 355, 357, 359, 361, 363, 365, 367, 369, 371, 373, 375, 377, 379, 381, 383, 385, 387, 389, 391, 393, 395, 397, 399, 401, 403, 405, 407, 409, 411, 413, 415, 417, 419, 421, 423, 425, 427, 429, 431, 433, 435, 437, 439, 441, 443, 445, 447, 449, 451, 453, 455, 457, 459, 461, 463, 465, 467, 469, 471, 473, 475, 477, 479, 481, 483, 485, 487, 489, 491, 493, 495, 497, 499, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, 527, 529, 531, 533, 535, 537, 539, 541, 543, 545, 547, 549, 551, 553, 555, 557, 559, 561, 563, 565, 567, 569, 571, 573, 575, 577, 579, 581, 583, 585, 587, 589, 591, 593, 595, 597, 599, 601, 603, 605, 607, 609, 611, 613, 615, 617, 619, 621, 623, 625, 627, 629, 631, 633, 635, 637, 639, 641, 643, 645, 647, 649, 651, 653, 655, 657, 659, 661, 663, 665, 667, 669, 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1391, 1393, 1395, 1397, 1399, 1401, 1403, 1405, 1407, 1409, 1411, 1413, 1415, 1417, 1419, 1421, 1423, 1425, 1427, 1429, 1431, 1433, 1435, 1437, 1439, 1441, 1443, 1445, 1447, 1449, 1451, 1453, 1455, 1457, 1459, 1461, 1463, 1465, 1467, 1469, 1471, 1473, 1475, 1477, 1479, 1481, 1483, 1485, 1487, 1489, 1491, 1493, 1495, 1497, 1499, 1501, 1503, 1505, 1507, 1509, 1511, 1513, 1515, 1517, 1519, 1521, 1523, 1525, 1527, 1529, 1531, 1533, 1535, 1537, 1539, 1541, 1543, 1545, 1547, 1549, 1551, 1553, 1555, 1557, 1559, 1561, 1563, 1565, 1567, 1569, 1571, 1573, 1575, 1577, 1579, 1581, 1583, 1585, 1587, 1589, 1591, 1593, 1595, 1597, 1599, 1601, 1603, 1605, 1607, 1609, 1611, 1613, 1615, 1617, 1619, 1621, 1623, 1625, 1627, 1629, 1631, 1633, 1635, 1637, 1639, 1641, 1643, 1645, 1647, 1649, 1651, 1653, 1655, 1657, 1659, 1661, 1663, 1665, 1667, 1669, 1671, 1673, 1675, 1677, 1679, 1681, 1683, 1685, 1687, 1689, 1691, 1693, 1695, 1697, 1699, 1701, 1703, 1705, 1707, 1709, 1711, 1713, 1715, 1717, 1719, 1721, 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2387, 2389, 2391, 2393, 2395, 2397, 2399, 2401, 2403, 2405, 2407, 2409, 2411, 2413, 2415, 2417, 2419, 2421, 2423, 2425, 2427, 2429, 2431, 2433, 2435, 2437, 2439, 2441, 2443, 2445, 2447, 2449, 2451, 2453, 2455, 2457, 2459, 2461, 2463, 2465, 2467, 2469, 2471, 2473, 2475, 2477, 2479, 2481, 2483, 2485, 2487, 2489, 2491, 2493, 2495, 2497, 2499, 2501, 2503, 2505, 2507, 2509, 2511, 2513, 2515, 2517, 2519, 2521, 2523, 2525, 2527, 2529, 2531, 2533, 2535, 2537, 2539, 2541, 2543, 2545, 2547, 2549, 2551, 2553, 2555, 2557, 2559, 2561, 2563, 2565, 2567, 2569, 2571, 2573, 2575, 2577, 2579, 2581, 2583, 2585, 2587, 2589, 2591, 2593, 2595, 2597, 2599, 2601, 2603, 2605, 2607, 2609, 2611, 2613, 2615, 2617, 2619, 2621, 2623, 2625, 2627, 2629, 2631, 2633, 2635, 2637, 2639, 2641, 2643, 2645, 2647, 2649, 2651, 2653, 2655, 2657, 2659, 2661, 2663, 2665, 2667, 2669, 2671, 2673, 2675, 2677, 2679, 2681, 2683, 2685, 2687, 2689, 2691, 2693, 2695, 2697, 2699, 2701, 2703, 2705, 2707, 2709, 2711, 2713, 2715, 2717, 2719, 2721, 2723, 2725, 2727, 2729, 2731, 2733, 2735, 2737, 2739, 2741, 2743, 2745, 2747, 2749, 2751, 2753, 2755, 2757, 2759, 2761, 2763, 2765, 2767, 2769, 2771, 2773, 2775, 2777, 2779, 2781, 2783, 2785, 2787, 2789, 2791, 2793, 2795, 2797, 2799, 2801, 2803, 2805, 2807, 2809, 2811, 2813, 2815, 2817, 2819, 2821, 2823, 2825, 2827, 2829, 2831, 2833, 2835, 2837, 2839, 2841, 2843, 2845, 2847, 2849, 2851, 2853, 2855, 2857, 2859, 2861, 2863, 2865, 2867, 2869, 2871,

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OCCASIONAL WIFE

by EDNA ROBB WEBSTER
Author of "Josselyn," "Lipstick Girl," etc.

SYNOPSIS

Camilla Hoyt and Peter Anson, young and in love, marry secretly. Deciding to live their own lives apart until Peter is able to provide for her, Peter is a young, struggling sculptor trying to win a competition for a scholarship abroad and Camilla is the adopted daughter of a wealthy family. She is not to inherit money when she comes of age and is studying commercial art in the hope of finding an agency job. Others in the story are Avis Werth, another wealthy girl who is trying to win Peter; Sylvia Todd, Peter's model, and Gus Matson, his former roommate with whom he has quarrelled. At a party at an exclusive club Peter entertains Camilla's guests with impersonations. When the rest of the members of the party go to a cabaret to continue the gaiety, Peter and Camilla slip off in the back by themselves and fall asleep on the sand. When they awake it is early morning and Avis and another boy are standing near them. This makes it necessary for Camilla to announce before the party that she and Peter are married. However, weeks, an advertising agency, where Camilla has submitted some of her work, send for her and tell her they have a new account which requires unusual treatment of a "savage." The critics were enthusiastic about her work, and Mr. Werth, who is a salary of \$50.00 a week to start and a prospect of having it doubled. She tells Peter of her good fortune in securing employment. Mrs. Hoyt is also informed that Camilla has obtained work and is going to leave the Hoyt household. Avis Werth rents a studio on the same floor as Peter, and invites him to have lunch there. He accepts reluctantly, but is favorably impressed with his visit.

(Now Go On With The Story)

CHAPTER XXXVII

"All that has nothing to do with your problem, Peter," Camilla changed the subject abruptly. "I don't want you to feel more work, but more time and freedom from anxiety. I can take care of both of us now, and I am going to do it until you get established in your own work."

Peter rose hastily to his feet, almost upsetting Camilla with his sudden movement.

"Like all quarrels, every word aggravated me unreasonably. In Peter's overwrought state of mind, his chagrin at his poverty, and his unrecognized jealousy of Camilla, his reasoning was paralyzed. He gaped helplessly. "Why Peter! Please, don't talk like that. You must be ill. You are ill—you are working and worrying too much. You have to let me help you."

"Don't say that again!" he commanded angrily. "That shows what you think I am—a weakling. Just because you got started ahead of me—your laughing at me—or feeling sorry for me, and that's all the same. If you think I like it that people will send me telling me how proud I should be of my wife, you're dead wrong. There's nothing in the world I despise and dread more than living on the income of a wife who is more successful than her husband. I won't do that, even if I never do any better than I am now."

He had to stop for breath. But even that trade did not anger Camilla. It only hurt her cruelly, caused little shivers of pain to tremble through her, radiating from her heart, where a great heavy hurt throbbled and ached.

"But you are doing splendidly, dear Peter. It is just that your work takes more time to develop. You are doing so much more than I am, and it will be worth much more in the end too. But you can't starve while you wait for the result."

"I won't starve. I never have. And don't offer me your charity?"

"Why, Peter," she pleaded, "I was not offering you anything. What I have, is yours. And if anything I can help with your future, I am doing it just as much for myself as for you, don't you see? Can't I invest my money in your future?"

"No, I don't see it that way. I can't never will. You refused to let me take care of you and now you expect me to depend on you."

"But that's different. If you had to take care of me, it would hurt your work. I can help you because of my work."

"Which is exactly the thing. You don't need to remind me of it. Camilla sighed helplessly. Words were useless in Peter's present mood. She never had seen him like that and didn't know what to say or do. Presently, she got up and went to her room and went over to put her arms around him and rest against him like a hurt, bewildered child.

"All right, darling. Let's not talk about it any more. I'm sorry—I suggested—'Happy'—he agreed."

She drew back and looked up into his face quickly. His eyes wavered and turned aside without meeting hers, stubbornly. In her arms, she felt his big body rigid, unyielding, and she seemed to try to draw away from her. Camilla's thoughts flooded desperately, but she could think of nothing to say. She just dropped her head on his broad, linen-covered breast and tightened her arms around him. His arms hung listlessly at his sides, as if he were powerless to move them.

Finally, she said softly, without looking up at him, "Peter, don't you love me?"

He moved impatiently and drew away from her. "Of course, you know I do. That only makes it worse."

It was as if he had plunged a knife into his breast before, and now he gave it a quick twist to increase her pain.

"Makes what worse?" she asked weakly.

"Why, if I didn't love you that no pride—that is, if I hadn't the greatest things in life—I would think it was pretty nice to have a wife who could make enough for both of us, as some fellows do."

"I think you are making a mountain out of a sand pile," her own resentment began to rise, "but I have told you I would say no more about it. Forget it, and let's go out for dinner somewhere."

"Wait with I can't buy dinner for two with fifty cents. I get paid tomorrow, but that doesn't help me today. Besides, I owe most of what is coming to me."

She would have said, blithely, had they not just quarrelled over that very thing. "Well, come along. I have money," but she dared not venture that suggestion now. Or she might have proposed that they go back to her apartment and have dinner. There was plenty of food in the little iceless refrigerator. But that would be like pouring hot oil on his wounds of false pride.

But as it was false pride, she asked herself anxiously, and had to admit that it was not, to a certain extent. She was proud of Peter—that he possessed such pride, even if he did exaggerate its maintenance under these particular circumstances.

(To Be Continued)

BEFORE BABY COMES
A mother is a mother before her child is born. SCOTT'S EMULSION furnishes an abundance of the necessary Vitamin A and D for health and strength of mother and child.

SCOTT'S EMULSION
12-35

Press Pack

Hang it in your kitchen. Pull out one sheet of Waxed Paper at a time.

Applford PAPER PRODUCTS
HALFINGTON, ONTARIO

How To KEEP FIT

When your physical regularity is disturbed, and you feel restless and "tired," the way to do it is to take Andrew's Liver Salt. It will regulate your bowels, and the normal life of the body. It will also help you to get rid of the excess of fat in the system. Then, when normal habits are restored, follow the Andrew's Rules of Health.

Get rid of all excess fat. Eat less. And when a lining of fat is formed, it will keep you from getting fat. It will also help you to get rid of the excess of fat in the system. Then, when normal habits are restored, follow the Andrew's Rules of Health.

Has Metal Larynx

Clarence Peterson of Ephraim, Utah, has regained his power of speech through an ingenious metal box equipped with a vibrating reed. Telephone engineers designed the apparatus and surgeons placed it in Peterson's throat. He was again able to speak and to whistle after being speechless for a year as the result of a growth in his upper trachea which forced removal of the larynx.

CANT SLIP OR SLIDE FALSE TEETH

Don't use any old kind of remedy to keep false teeth in place—use a reliable, recognized one which dentists prescribe such as Dr. Werth's Powder—the largest seller in the world—grip teeth secure yet comfortable they feel natural. Positively no slipping or clicking—blissful comfort assured all day long. Firms a special comfort cushion to protect and soothe gums. No colored, gummy paste—keeps mouth sanitary—tastes pleasant. Inexpensive—all druggists.

Lowest Price for Highest Quality GARDEN and FIELD SEEDS

By arrangement with one of the largest, oldest and most dependable sources of supply in Canada (commanding the cream of the world market), I am now in a position to sell for the **LOWEST PRICE QUOTED IN THE CHEAPEST SEED CATALOGUE ADVERTISEMENT OR SEED LIST PUBLISHED**, the very choicest GOVERNMENT TESTED SEEDS it is possible to procure, in 3c, 4c (and up), SUPER-size packets, or in BULK to fit any requirement.

Make up your order from any seed list, advertisement or see my selection of over 1,000 varieties; I will fill the order to your entire satisfaction—probably at less money in some varieties, but in no case higher than the lowest price quoted to you elsewhere.

will also hand you "MERCHANTS NEW FURTHER COUPON" worth 50c in FREE Seeds.

I expect no business on sentiment. This is a direct and drastic challenge on the one fundamental of price for both GARDEN and FIELD SEEDS, the best that nature and experienced cultivation have produced.

Buy your Seeds from your Local Merchant, the store that serves you faithfully 365 days every year.

Let me buy your continuing confidence with consistent service

Do me a courtesy and yourself a real service by calling and verifying this offer. Before you buy Seeds anywhere else me.

Your Local Merchant

EDWARDSBURG BRAND CORN SYRUP

The economical and delicious table syrup

A nourishing sweet for the whole family

THE CANADA STARCH CO. LIMITED, MONTREAL

Little Helps For This Week

"Thou shalt be steadfast and shall not fear, because thou shalt forget thy misery, and remember it as waters that pass away." Job 11:15-16.

In the bitter waters of woe, Beaten and tossed about, By the sudden winds that blow From the desolate shores of doubt, Where the anchors that faith has cast Are quietly holding fast, To the things that cannot fail, —Washington Gladden.

In the darkest hour through which a human soul can pass, whatever else is doubtful, that at least is certain. If there be no God and no future state, even then it is better to be generous than selfish, better to be true than false, better to be brave than to be a coward. Blessed beyond all earthly blessedness is the man, who in the impetuous darkness of his soul has dared to hold fast to these venerable landmarks. Thrice blessed is he, who when all is cheerless within and without, his obstinately clung to moral good. Thrice blessed because his night shall pass into clear bright day.—F. W. Robertson



Gentlemen Be Treated!

You corral a real treat when you "roll-your-own" with Ogden's Fine Cut. You just can't beat this fine, fragrant tobacco for easy rolling and smooth, satisfying smoking.

And, you'll never find a finer combination than Ogden's Fine Cut and "Chanticleer" or "Vogue" cigarette papers for down-right enjoyment in "rolling your own."

SAVE THE POKER HANDS

OGDEN'S FINE CUT

P5—At any Pokes Hand Premium Store or by mail—you can get 5 large booklets of "Chanticleer" or "Vogue" cigarette papers in exchange for one complete set of Poker Hands.

Your Pipe Knows Ogden's Cut Plug

The grizzly bear is called "the king of the Rockies," yet it will step aside to let a skunk pass along the trail.

HORSES SAVED FROM COUGHS AND COLDS!

Spon's

Give Spon's all first signs of sickness—coughs, colds, influenza, etc. Spon's is the only medicine that cures horses of these ailments. It is the only medicine that cures horses of these ailments. It is the only medicine that cures horses of these ailments.

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